



Women's WELLNESS WEEKEND!

RELAX • RECONNECT • REJUVENATE October 11 – 13, 2019

Whether your idea of fun is flying down a zip line or curling up with a good book in front of a warm fire, this ladies-only weekend is the perfect getaway. Let us take care of the cooking and cleaning so you can focus on what's most important...you!

Nestled along the shore of Lake Copneconic, our 750-acre facility serves as a beautiful and scenic backdrop for a weekend of wellness and relaxation. And with so many amenities and activities to choose from, you can create your own personalized adventure.

To kick off your stay on Friday evening, our warm and friendly staff will host a special reception complete with wine and hors d'oeuvres. Then, you'll settle into your three-person room inside our cozy Conference Center.

Reconnect with old friends or meet new ones by signing up for the Women's Wellness Weekend!

ADULTS 21 AND OVER

- ▶ YMCA Member / \$200
- ▶ Community Member / \$225
- ▶ Linens Provided

For more information, contact **Patty Rudd** at pattyr@flintymca.org or 810.629.9622. Register online at campcopneconic.org.

WEEKEND ACTIVITIES INCLUDE:

- ▶ Canoeing & Kayaking
- ▶ High Ropes Course
- ▶ Creek Freak Zip Line
- ▶ Massage*
- ▶ Nature Hikes
- ▶ Fitness Boot Camp
- ▶ Archery
- ▶ Climbing Tower
- ▶ Yoga
- ▶ And More!
- ▶ Arts & Crafts

*Additional fee will apply.



YMCA CAMP COPNECONIC • FENTON, MI
www.CampCopneconic.org